

GUIDE TO THRIVE!

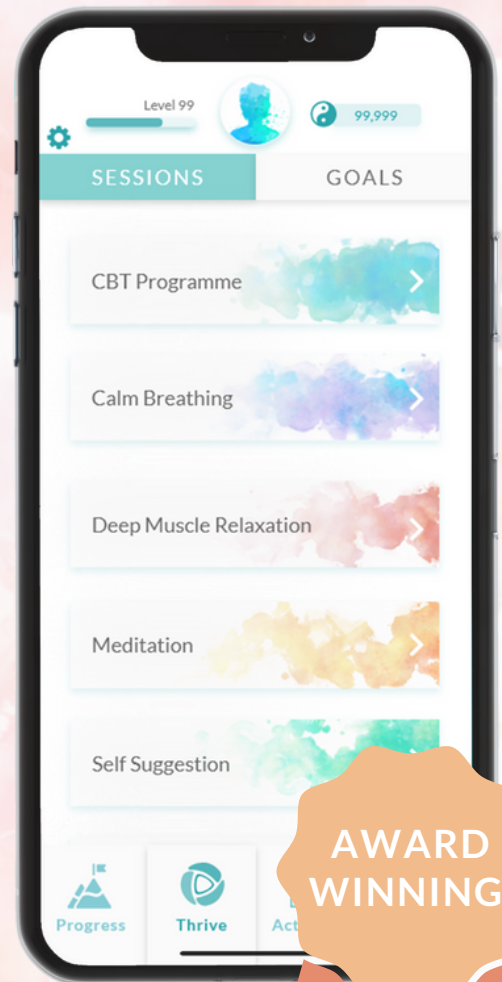
Your **NEW** clinically effective
mental wellbeing app

WHAT IS IT?

Sometimes we can all feel like things are getting on top of us. That's why we have created **Thrive: Mental Wellbeing**, a clinically effective mental wellbeing app for employees to build resilience against stress, anxiety and depression.



A clinically effective app which can be used for the prevention, screening and management of mental health conditions and stress



AWARD
WINNING



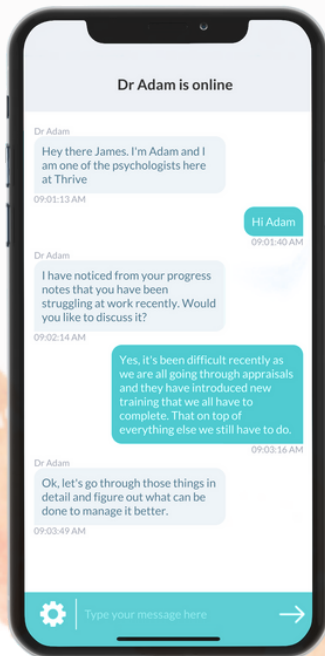
HOW DOES IT WORK?

Thrive can work in many ways depending on the user. For the best results we recommend you follow the CBT process and unlock sessions one at a time.

You can try some of relaxation sessions, games or activities and see what works best for you! Training your mind to build resilience against stress and common mental health conditions has never been so easy!

WHAT'S IN THE APP?

- ✓ CBT (Cognitive Behavioural Therapy) programme
- ✓ The ability to seek further support with the touch of a button
- ✓ Over 100+ hours of content including a range of stress reducing sessions
- ✓ Games to distract your mind - try our 'Wise Words' game (It's harder than you think!)
- ✓ A progress journal tracking your moods, stressors and reminding you of the good days!



GET THE HELP YOU NEED

Along with seeking further help, you can speak to one of our wellbeing coaches with the touch of a button.

This is a text chat live service available to you. You can choose to text one of our coaches from 8am to 8pm Monday to Friday. Access our experts with one click.

DOWNLOAD NOW!

1. Download the Thrive: Mental Wellbeing app from your Apple or Android app store.
2. Sign up using your email address, a password of your choice, and the access code **NHSDERBY19**. Then follow the steps to confirm your account
3. Return back to the app, log in and enjoy!

